



PHYSICAL FITNESS



Physical Fitness is ability to function effectively in physical work, training, and other activities and still have enough energy left over to handle any emergencies which may arise.

(FM 21-20)



COMPONENTS OF FITNESS



- **Cardiorespiratory
Endurance**
- **Muscular Strength**
- **Muscular Endurance**
- **Flexibility**
- **Body Composition**



MOTOR FITNESS COMPONENTS



Speed

Agility

**Eye-Hand
Coordination**

Eye-Foot Coordination

Muscle Power



PRINCIPLES OF EXERCISE



Regularity

Progression

Balance

Variety

Specificity

Recovery

Overload



FITT FACTORS



- **Frequency**
- **Intensity**
- **Time**
- **Type**



PHASES OF CONDITIONING



- **Preparatory**
- **Conditioning**
- **Maintenance**



FOUR-WEEK TRAINING SCHEDULE/MONTH 2



| SUN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT |
|-----|---|--|--|--|---|-----|
| | A: Confidence Obstacle Course D: 90 Min I: 70-90% MHR/TMF | A: Ability Group Run D: 2 miles I: 70% MHR | A: Push-up/Sit-up Improvement D: 45 Min I: TMF | A: Road March D: 2 hours I: 6 miles @ 20 min/mile w/ 30 lb ruck, weapon, LCE, softcap | A: Individual Movement Tech. Circuit D: 40 Min I: 80% MHR/TMF | |
| | A: TOC Equip Circuit D: 50 Min I: TMF/80% MHR | A: Ability Group Run D: 3 Miles I: 75% MHR w/100 Push-ups and Sit-ups | A: Sandbag Circuit D: 60 Min I: TMF/70% MHR | A: Aquatic Calisthenics D: 45 Min I: 70-90% MHR | A: Weight Training for Performance D: 75 Min I: TMF | |
| | A: Ability Group Run D: 3 miles I: 75-80% MHR w/ 150 Push-ups and Sit-ups | A: Bayonet Assault Course I: 80-90% MHR/TMF BDU + Boots | A: 1000m Swim D: 45 Min I: 70-90% MHR | A: Litter Relays D: 60 Min I: 70-90% MHR/TMF BDU + Boots | A: Cross Country Run D: 40 Min I: 70% MHR BDU w/ athletic footwear of choice | |
| | A: Log Drills D: 60 Min I: TMF (Anaerobic power) | A: Interval Training D: 60 Min I: As per 2 Mile Run Breakdown 5 X 400m with Flexibility Improve. Training | A: Rifle Drills B: 60 Min I: TMF/70% MHR | A: Road March D: 105 min I: 6 miles @ 17.5 min/mile w/ 30lb ruck, weapon, LCE, softcap | A: Single Station Machine Circuit to Music D: 60 Min I: TMF/80% MHR | |



GENERAL RULES



- **Don't progress more than 5-10% per week for MSE.**
- **Don't progress more than 10% per week for CR.**
- **Every day is a recovery day.**
- **Include combined training events (CR and MSE).**
- **Do not limit CR just to running.**



SEVEN-STEP PLANNING PROCESS



STEP 1: Analyze the Mission

STEP 2: Develop Fitness Objectives

STEP 3: Assess the Unit

**STEP 4: Determine Training
Requirements**

STEP 5: Develop Fitness Tasks

STEP 6: Develop a Training Schedule

STEP 7: Conduct and Evaluate Training



STEP 6: DEVELOP A TRAINING SCHEDULE



- 1. Determine the minimum frequency of training.**
- 2. Determine the type of activity.**
- 3. Determine the intensity and time of the selected activity.**



SPECIAL PT PROGRAMS



- **Those who fail the APFT and do not have medical profile.**
- **Those who are overweight/overfat according to AR 600-9**
- **Those who have either permanent or temporary medical profiles.**